



**Heartbeat
Victoria
Bendigo**

TICKERTALK

MAY 2025

FIND US ON FACEBOOK! www.facebook.com/heartbeatbendigo

Aims of Heartbeat

1. To offer support to patients and their family and friends following a cardiac event such as heart attack, heart surgery, stents, angina, etc.
2. To assist in the development of cardiac units by raising funds for the purchase of additional equipment for both our local hospitals.
3. To promote friendship through meetings and social events.

TLC Card Lady

Do you know of a member who is unwell or in hospital, bereaved, or celebrating a major event? Help us to let them know that we are thinking of them and wishing them well with a visit or a card.

Please contact: Llevelyse Shepley
Mob: 0413 302804

2025 Meetings @2pm

Uniting Church Hall Chum St, Golden Square

May 18

July 20

September 21 (AGM)

November 16

Please come along, and join us for a chat over a cuppa and a biscuit afterwards.



Laurie Smith – May 2
Di Krieger – May 25

Nola Ward – May 5
Dennis Anthony – June 1

President's Report

It is with regret that I advise members of the recent passing of long-time Heartbeat member Pierce Grenfell, and pass on condolences to his family.

Nola and I had the greatest pleasure in attending the Cardiac Rehab at St. John of God to present to Eddie Williams a Certificate of Appreciation in recognition of his many years of service to Heartbeat Bendigo, setting up and signing in attendees and providing assistance to the staff.

Several members met at Beechworth Bakery on Monday 7th April for a morning get together over coffee/tea and assorted snacks - please refer to the Social Calendar to see when the next morning tea will be. We would welcome new attendees.

At the March meeting, members were addressed by guest speaker John Allen, who is our Heartbeat Victoria Buddy. John is an electrical engineer who worked on and established the heart monitoring machines that people with pace makers have installed at their homes. These monitor pacemakers and report to a centre that can see if you have a problem, and either phone you to see if you are ok or report for assistance.

Does any member know of any person either female or male that could come along and be a guest speaker? If so please invite them along or advise us so that a date to speak can be arranged.

Please note that Kay's Fashions is on again on Thursday May 8th and we would welcome the attendance, and assistance, if possible, of many members and would appreciate if you could bring a plate of afternoon tea. This is an excellent fundraising event for Heartbeat Bendigo.

Our Secretary, Vivien, has just been to visit family in New Zealand and shortly will be off again on an overseas holiday. We wish her safe travel and return.

Frank Ward, President

HEARTBEAT BENDIGO CONTACTS

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President:	Frank Ward	Tel: 5447 4545	Mob: 0407 855 685
Secretary:	Vivien Williamson	Mob: 0400 657 954	secretary@heartbeatbendigo.org.au
Treasurer:	Nola Ward	Tel: 5447 4545	Mob: 0419 531923 treasurer@heartbeatbendigo.org.au
Morning Music:	Rhonda Anthony	Mob: 0412 123 468	jaynat9902@bigpond.com
Seasonal Lunches:	Di Krieger	Mob: 0433 701 122	di.krieger5@gmail.com

News since last time

• Certificates of Appreciation

Certificates of appreciation were presented in March to two long serving members of Heartbeat Bendigo.



Laurie Smith has been a member of Heartbeat Bendigo since 1999. He is an active Committee member and the go-to person if anything needs to be done – setting up and packing up after meetings (including afternoon tea) and Kay's Fashions events.



Eddie Williams has been a member of Heartbeat Bendigo since 2001. He has been the Heartbeat representative at St John of God Hospital Cardiac Rehabilitation since 2006, where he assists in checking attendance and providing information about Heartbeat.

• Donation



Heartbeat Bendigo has recently donated \$10,000 to Bendigo Hospital to assist with the purchase of a medical grade treadmill for the Cardiac Rehabilitation area. Several members attended a thankyou meeting where the treadmill was on display and in use.



• Board Buddy



Each branch or affiliate of Heartbeat Victoria has been allocated a 'Board buddy' with whom to relate on Board matters and Branch matters relevant to the Board and Heartbeat Victoria. Heartbeat Bendigo's Board buddy is John Allen, who attended our March meeting to introduce himself. You can read more about John on the [Heartbeat Victoria website](https://www.heartbeatvictoria.org.au/).

Baker Institute – Healthy Snacks

PREPARING HEALTHY SNACKS

For further information:

<https://baker.edu.au/-/media/documents/fact-sheets/baker-institute-factsheet-healthy-snacks.pdf>

Method	Serving size
Roasted chickpeas	
<ul style="list-style-type: none"> Drain 1 400g can of tinned chickpeas. Lay flat on a lined baking tray. Spray evenly with olive oil spray. Add a low salt seasoning on top. Bake in oven 180 degrees celsius for 40 minutes. 	½ cup (30g)
Roasted pita chips	
<ul style="list-style-type: none"> Cut up 1–2 wholemeal or wholegrain pita bread into triangles. Lay flat on a lined baking tray. Add low-salt seasoning on top. Spray evenly with olive oil spray. Bake in oven 180 degrees celsius for 10–15 minutes or until crispy. 	1 Pita
Home-made muesli bar	
<ul style="list-style-type: none"> Combine 1 cup of each sultanas, almonds and sunflower seeds into a food processor. Add 1 tablespoon of chia seeds. Combine 2 whisked egg whites, 1 cup rolled oats, 1 teaspoon cinnamon and nutmeg to the mix. Lay mix in flat lined baking tray. Bake in oven 180 degrees celsius for 10–15 minutes or until crispy. 	35g
Protein balls	
<ul style="list-style-type: none"> In a blender, combine 1 cup pitted dates, 1 cup walnuts and 1 tablespoon of unsweetened cocoa powder. Moisten with water if required. Roll in small balls of 20 cent piece diameter. Chill in the fridge. 	2 balls



CHRISTMAS IN JULY

with

Heartbeat Bendigo

12 noon, Tuesday, 22 July, 2025

Huntly Hotel, 592 Midland Highway, Huntly

Cost \$30 – Payment due beforehand

KAY'S FASHIONS

When: Thursday, 8 May at 2pm

Where: Eaglehawk Citizens Brass Band Hall
27 Peg Leg Road, Eaglehawk

Cost: \$10 entry

Members please bring a plate of afternoon tea for the table



MEMBERSHIP FEES

Heartbeat Bendigo's membership fees are due by 30 June 2025

The annual fee for 2025/2026 is **\$20**, which covers:

- Our bimonthly newsletter – Tickertalk (including postage and printing)
- Membership and insurance of Heartbeat Victoria
- Venue hire
- Subsidised events

Payment can be made by EFTPOS, cheque or cash at General Meetings; or direct payment to Heartbeat Bendigo BSB 633-00 Account No. 5776810



2025 SOCIAL CALENDAR

	DATE	TIME	EVENT OR ACTIVITY	FURTHER DETAILS	CONTACT
	8 May	2pm	Kay's Fashions	Eaglehawk Citizens Brass Band Hall 27 Peg Leg Road, Eaglehawk	Nola
	9 May	11am	Morning Music <i>Frankly Sinatra</i>	Capital Theatre \$15 for the show and morning tea Pay for own lunch afterwards	Rhonda
	15 May	11am	Morning Music <i>Izzy Dye Legends of RocknRoll</i>	Bendigo Club \$15 for the show and morning tea \$28 if staying for lunch	Rhonda
	2 June	10.30	Coffee Catch Up	Peppergreen Farm Thunder Street, North Bendigo	Di
	19 June	11am	Morning Music <i>Johnny Cash & Co</i>	Bendigo Club \$15 for the show and morning tea \$28 if staying for lunch	Rhonda
	24 June	12 noon	Winter Lunch	Lakeview Hotel 204 McCrae Steet, Bendigo	Di
	22 July	12 noon	Christmas in July	Huntly Hotel, 592 Midland Highway, Huntly	Nola

For bookings, see lists at General Meetings, or contact:

Di (Seasonal Lunches & Coffee Catchups): 0433 701122 - Rhonda (Morning Music): 0412 123468
- Nola (Excursions): 0419 531923

Preferred methods of payment:

Direct Deposit to Heartbeat Bendigo: BSB 633-00 Account No. 5776810
(including your surname and name of the event in the reference or description field so we know the payment is from you and for which event)

Or

Card payment (via the Square terminal) at a General meeting prior to the event

Or

Cash to the Event Contact

Morning Music events are confirmed and paid for 1 week prior to the event date. If you have your name on the list and do not attend, you will still be required to pay for the event.



HEARTBEAT BENDIGO POLO SHIRT AND NAME BADGE

Are you are interested in having a Heartbeat Bendigo polo shirt and name badge at no cost?

If so, please contact Nola on 0419 531923 to find out how to go about ordering them.
You will be able to go to the polo shirt supplier to check your size.